

How to freeze your milk

Once you express your milk you can refrigerate it and then add more in the bag / container for up to 24 hours. After those 24 hours you should put your milk in the freezer. Most moms use Lansinoh or Medela breast milk storage bags.

Some mothers use the disposable plastic bags designed for bottle-feeding to store their milk. These are less durable and are not designed for long term storage. Please, do not use these bags for milk you will be donating to us.

If this is new milk that you are storing, here are some hints. After filling your bags, squeeze out all of the air at the top of the bag before sealing. The milk will expand when frozen, so allow fill no higher than an inch from the top of the bag. Filling to the top may cause bags to burst when thawing. Most bags, particularly the two mentioned above, are designed to freeze well when laid flat (like rectangular bricks).

Be sure to label every container of milk with the date it was expressed, the amount in ounces, and your Donor ID number.